



THE CITY OF SAN DIEGO

PARK AND RECREATION DEPARTMENT

THERAPEUTIC RECREATION SERVICES

"We enrich lives through quality parks and programs"

Summer

JULY / AUGUST / SEPTEMBER
2004

(619) 525-8247

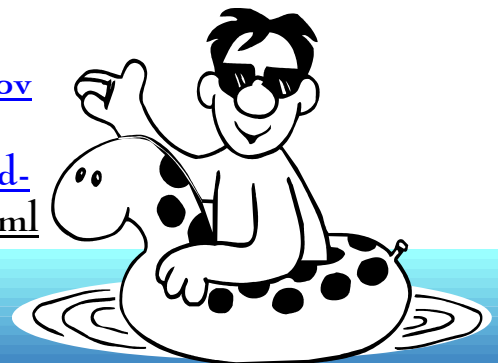
(TDD) (619) 525-8249

(FAX) (619) 299-9304

e-mail: prdsp@sandiego.gov

Visit our Website at:

www.sandiego.gov/park-and-recreation/activities/dsa.shtml



The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists work with participants on social and recreational skill development, appropriate behavior, increased independence, leisure education, and recreation participation in inclusive environments.

STAFF

Kathy Aceves, M.S., RTC, CTRS
Program Manager

Marla Knox, RTC, CTRS
Supervising Recreation Specialist

Ken Rundle, MBA, CTRS
Supervising Recreation Specialist

Jessica Battaglia, CTRS
Supervising Recreation Specialist
Inclusion Coordinator

Rose Caldwell, CTRS
Recreation Specialist/Volunteer Coordinator

Kristi Fenick, CTRS
Recreation Specialist/Leisure Seekers/
Independent Club Program

Connie Hegeg
Recreation Specialist/People in Recovery Programs

Scott Krause
Recreation Specialist/Adaptive Sports Programs

Julie Gregg
Recreation Specialist/Children and Teen Programs

Marie Wiggins
Recreation Specialist/Adult Programs

Karl Kramer
Clerical Assistant II

Recreation Leaders

Mary Brooks	Kelly Levens
Shannon Bullock	Ken Luke
Lani Chin	Eric Neitzel
Everett Despirito	Bernadette Parin
Lauren DiFazio	Cheryl Pawlak
Ricci Henderson	Kimy Potter
Danielle Hernandez	Leslie Robinson
Mary Alice Hillier	Austin Snyder
Larry Keough	Ken Trigueiro
Demetria Johnson-King	

DSAC CORNER

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested persons. Meetings are held on the 2nd Wednesday evening of each month, at 6:30 p.m. in Room 1 at the War Memorial Building. Please call Kathy Aceves at (619) 525-8247 for more information.

BUDGET UPDATE

As this newsletter goes to print, the City Council is scheduled to vote on the final City budget for FY 2005. Therapeutic Recreation Services is proposed for a 10% cut to their CDBG budget and City Councilmembers have asked for that 10% to be put on the wish list to be added back into the budget. It is not known at this time what the outcome will be. DSAC would like to thank the many parents and patrons who spoke at the budget hearing on behalf of Therapeutic Recreation Services, as well as those who have contacted City Council with your concerns. DSAC is committed to assisting TRS in maintaining quality services and programs, including providing financial support within our means, to enable services to continue. We welcome any ideas for fundraising, grants, and soliciting donations. Please feel free to contact the Staff Representative, Kathy Aceves, at (619) 525-8247 or email kaceves@sanidiego.gov with your suggestions. We appreciate everyone's continued support through these difficult fiscal times.

SUMMER VACATION

DSAC will not meet during the months of July and August due to vacations and a busy summer schedule. Board members will be around, and many of them will take time to visit programs and assist at camps. The next scheduled meeting will be at 6:30 p.m. on Wednesday, September 8, 2004 at the War Memorial Building. DSAC wishes everyone a safe and fun summer!

**CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT
THERAPEUTIC RECREATION SERVICES**

H I G H L I G H T S

AWARDS AND RECOGNITION

Congratulations to Jessica Battaglia, Supervising Recreation Specialist and Inclusion Coordinator! Jessica received the "Champion for Children" award from Kids Included Together (KIT) Foundation for her outstanding efforts in promoting inclusion throughout the Park and Recreation Department. Jessica has been instrumental in taking our services out to the Recreation Centers to make day camps and activities inclusive for all participants. She has conducted numerous trainings, hired inclusion aides, developed protocol for requesting accommodations, solicited grants and donations, attended conferences, conducted presentations at the local and state levels on inclusion, and works tirelessly traveling from one Recreation Center to another, providing supervision and assistance to the inclusion aides, participants, and on site staff members. As a result of her efforts, over 150 children with disabilities annually participate in inclusive recreation programs at their neighborhood recreation centers. Therapeutic Recreation Services also received the "Together We're Better" award for leadership in promoting inclusion and providing technical assistance to other cities to make their services more inclusive for all. A big thanks to KIT for their technical and financial support over the years.

FOND FAREWELL

TRS recently lost 2 of our valued volunteers. Nell Andrews, one of the original "Calendar Ladies", devoted numerous hours over 15+ years preparing our calendar for mailing, assisting at our Rummage Sale, and making corsages for the annual Harvest Ball. John Freeman, a staff member for many years, continued on as a volunteer after he resigned. John assisted at many swimming events, Recovery Games, and represented Santa at our Holiday Carnival. We have many fond memories of both John and Nell, who gave tirelessly of their time and energy, always with smiles on their faces. We are grateful for the service they provided to us and the chance to know them both as friends. Our condolences go out to their families.

DEAF AWARENESS DAY

San Diego's 5th annual Deaf Awareness Day is scheduled for Saturday, September 18, 2004, from 9 a.m.- 5 p.m. at the Balboa Park Club. Come spend a day in beautiful Balboa Park and celebrate Deaf Culture with games, crafts, prize drawings, children's activities, entertainment, exhibitions, and great food! Early bird admission is only \$6.00 (\$8.00 at door, \$4.00 seniors/students). Therapeutic Recreation Services is proud to be a co-sponsor of this great family event, which is open to the public. Contact Deaf Community Services at (619) 398-2441 Voice; (619) 398-2440 TTY or log onto their website www.dcsosfd.org for more information.

NEW STAFF

TRS is proud to introduce 3 new staff members. Lauren DiFazio Demetria Johnson-King, and Lani Chin have joined our team as part time Recreation Leaders, just in time for summer! We are awaiting clearance for 3 more staff members as well. TRS is fortunate to attract quality staff members, most with college degrees in the field. We need people full time in the summer months, but hours are reduced significantly during the rest of the year. As a result, staff must find other jobs and move on with their careers. We are always grateful for the high level of service provided by our part time staff. We hate to see them leave, but are happy to follow their success in their chosen careers.

SUMMER INTERNS

A big welcome to our summer interns, Chrissy Testa, a graduate student at SDSU and Elly Glass, from the University of Northern Iowa. Both are completing internships as the final requirement to receiving degrees in Therapeutic Recreation. We are also fortunate to have Abby Osentoski, a Therapeutic Recreation Major from Grand Valley State University in Michigan, who will be completing 300 hours of fieldwork with us. We are thrilled to have all of them with us for our busiest season of the year!

THERAPEUTIC RECREATION SERVICES

SCHEDULE OF EVENTS

**YOU MUST CALL THERAPEUTIC RECREATION SERVICES OFFICE TO REGISTER
FOR ALL PROGRAMS (TELEPHONE 619-525-8247, TDD 619-525-8249)**

In the event of last minute cancellations (less than 48 hours notice) you will be required to pay the program fee, if program costs are not met. Also, be sure participants are picked up on time. A late fee of \$5.00/15 minutes will be assessed after the first 15 minutes.

ALL

ALL: All ages and all individuals; any disability

ALL TEENS/ADULTS: Ages 13 and over, with any disability.

OPEN BOCCE BALL

Spend a lazy summer afternoon playing bocce ball in beautiful Balboa Park! Bocce sets will be available for checkout Tuesdays from 2 to 5 p.m. at the War Memorial Building. Open Bocce is for all ages and abilities. **Please note that this is an unsupervised activity; participants needing supervision will need to bring an attendant.**

Tuesday, 7/6, 13, 20, 27,

Cost: Free

8/3, 10, 17, 24, 31, 9/7, 14, 21, 28

TANDEM BIKE RIDE

We meet one Saturday a month at various sites. Tandem bikes, helmets, and water are provided. Captains/participants meet at the site at 10:30 a.m. or meet at the War Memorial Building by 10 a.m. to carpool (van space is limited, so sign up early).

Bring a lunch and let us know where you'll meet us, when you sign up.

Leader: Connie Hegey
10:00 a.m. to 1:30 p.m.



Cost: \$1.00

July 10

Quivira Basin

August 21

Mission Bay Park

September 18

Centennial Park (Coronado)

SEAL TOURS

It's a bus, it's a boat. It's SEAL TOURS! We'll have a private tour of San Diego Bay on an amphibious boat. Bring a hat, sunscreen and a light jacket. Meet at Seaport Village. More information will follow after registering.

Leader : Marie Wiggins

Cost: \$12.00

Saturday, July 17.

10:45 a.m. - 1:30 p.m.

KARAOKE AND PIZZA NIGHT

Teens and adults, join us at the War Memorial Building for a chance to karaoke and dance. Cost covers dinner and entertainment. Therapeutic Recreation Services will not provide direct supervision, so please plan accordingly. **Please sign up by Thursday, June 29.**

Leader: Kristi Fenick

Cost: \$5.00 per person

Saturday, July 31

6:00 - 9:00 p.m.

HARVEST BALL

It is time to put on your first class attire and your fancy dancing shoes for this year's annual Harvest Ball. The location has moved to the **Mission Valley Marriott, 8757 Rio San Diego**. You will enjoy fine dining and dancing. Invitations will mailed out in August. **You must be 18 years of age to attend.** Seating is limited and will be first come, first serve basis.

Coordinator: Marie Wiggins

Cost: \$30.00(\$35.00 after Sept.1)

Saturday, September 11

6:00 - 10:00 p.m.

BOWLING LEAGUE

The Fall Strike Force bowling league is starting. Come join us at Kearny Mesa Bowl, 7585 Clairemont Mesa Blvd. Come as a team or we can place individual bowlers. This is an independent bowling league.

Leader: Marie Wiggins Cost:\$45.00w/t-shirt,\$40.00 w/o Dates, Saturday, 9/25, 10/9, 23, 11/6,20, 12/11,18**

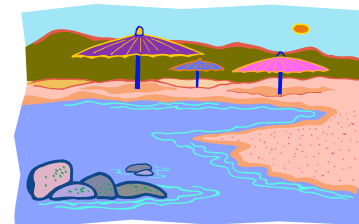
**dates are subject to change.

Time: 12:30 - 3 p.m.

SPECIALTY DAY CAMPS

CAMP AT THE BAY

North Crown Point Shores, Tues. – Fri., July 13 – 16,
10:00 a.m. to 3:00 p.m. (Full)



CAMP ABLE

Silver Strand, Mon. – Fri., July 26 – 30, 8:30 a.m. to 3:30 p.m. (Full)

CHOLLAS LAKE CO-SPONSORED CAMP

Chollas Lake, Mon. – Fri., August 16 – 20, 9:00 a.m. to 4:00 p.m. (Full)

Please call to be put on our waiting list, or call to ask about inclusion camp opportunities at other recreation centers.

YOUTH INCLUSION PROGRAMS

TOT/FUN PATROL* (T/F)

This program is designed to instill play and recreation skills, foster socialization, and increase social skills. Activities are designed to meet the cognitive, physical, social, emotional, creative and ethical developmental needs of children ages 3 to 12. Leader: Julie Gregg

CHOLLAS LAKE CO-SPONSORED CAMP

Chollas Lake

Mon. – Fri., August 16 – 20, 9:00 a.m. - 4:00 p.m.

(Full)

Please call to be put on our waiting list, or call to ask about inclusion camp opportunities at other recreation centers..

BOOMERS

Come play games, ride rides, and hang out with your friends. Bring a sack lunch. Meet at the front entrance (6999 Clairemont Mesa Blvd.). Cost includes unlimited rides, tokens, mini golf, go-carts and laser tag.

Cost: \$15.00

Sunday, Sept. 19

12:00 - 3 p.m.

San Diego Hammer Wheelchair Sports

Year-round wheelchair sports (soccer, rugby, basketball and football) are offered for individuals 7 to adult. Adult practices held twice a week. Call our office for more information.

**Call Standley Recreation Center
(858)-552-1652**

**for information about
KID'S NIGHT OUT**

INCLUSION, WE CAN ALL PLAY TOGETHER!

The City of San Diego Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Jessica Battaglia, CTRS, Inclusion Coordinator, (619) 525-8248 as soon as you know the dates. **(We need a minimum of three weeks prior notice).** After registration, an assessment will be given to determine participant's needs.

Thank you to our partner, KIT (Kids Included Together) for providing some funding for inclusion aides and technical support.

TEENS*

The Teen Program is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs for teens ages 13 to 19. Leader: Julie Gregg

TEEN SUMMER NIGHTS

These activities may be currently full. Please call the office to see if specific dates are available.

7/1 Boomers 6:00- 9:00 p.m.

7/8 San Diego Zoo 6:00 - 9:00 p.m.

7/17 Seal Tours* 10:45 a.m. - 1:30 p.m.

7/22 Beach Party, Santa Clara 5:30 - 8:00 p.m.

**All dates are Thursday evenings except 7/17 which is a Saturday afternoon*

Cost: \$15.00 per event

UNIVERSAL STUDIOS

Come be a part of the movies! We will tour Universal Studios, enjoy rides and maybe even see a few movie stars. Families and friends are welcome. Pick up and drop off at the War Memorial Building. Cost includes bus, ticket to park, and snacks on bus.*

Cost: \$20.00

Sunday, August 22

8:00 a.m. - 8:00 p.m.

**If you have not attended a prior teen club activity, you must be accompanied by an adult.*

TEEN CLUB

Come hang-out with your friends at our teen club meeting. We will play games, have dinner and plan future activities. Drop off and pick up at the War Memorial Building.

Cost: \$5.00

Friday, Sept. 10

6:00 - 8:30 p.m.

SAN DIEGO PADRES



Cheer on the Padres as they play the Arizona Diamondbacks. Drop-off and pick-up at the end of 4th and K Street downtown. Bring money for snacks or dinner.

Money due by Friday, September 10. Cost: \$12.00

Friday, Sept. 24

6:30 - 10:00 p.m.

***Please Note* First-time participants must be accompanied by an adult for Tot/Fun and Teen activities.**

YOUNG ADULT CLUB (YAC)

Young adults (18-30) are welcome to take part in TEEN activities as members of our YOUNG ADULT CLUB.

ADULT PROGRAMS

(Ages 18 and over)

ACTION SEEKERS (AS)

This is a program designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. This program supports empowering individuals, who have a developmental disability, ages 18 and older, by promoting independence. Leader: Marie Wiggins

INDEPENDENT CLUB (IND)

The Club's focus is to promote independence. Members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" at all times. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting before attending an outing. The Club is for individuals, ages 21 and over, with developmental or learning disabilities or brain injuries. Minimal staffing is provided at club functions.

Leader: Kristi Fenick, CTRS.

RECREATION NIGHTS

Join us at the following Recreation Centers for a Friday evening of fun, games, crafts, and dinner. Summer activities include a Luau. Cost covers dinner and most activities. Cost: \$5.00

Carmel Mtn. Rec. Ctr. 10152 Rancho Carmel Dr.
Fridays, 7/2, 8/6, 9/10 6:00 - 8:30 p.m.

N. Clairemont Rec. Ctr. 4421 Bannock St.
Fridays, 7/9, 8/27, 9/24 6:00 - 8:30 p.m.

SEAL TOURS

It's a bus, it's a boat. It's SEAL Tours! We'll have a private tour of San Diego on an amphibious boat. Bring a hat, sunscreen and a light jacket. Meet at Seaport Village. More information will follow after registering.

Leader : Marie Wiggins Cost: \$12.00
Saturday, July 17 10:45 a.m. - 1:30 p.m.

SOFTBALL AND BBQ

We will meet at Santa Clara Recreation Center in Mission Beach for an afternoon of softball and a B.B.Q. Bring a lawn chair and something to share, (chips, cookies)

Leader: Marie Wiggins Cost: \$4.00
Saturday, August 14 11:00 a.m. - 3:00 p.m.

Don't forget to sign up for dances and other programs. See "All" page (page 4).

CONTRACTUAL CLASSES

DANCE FEVER

Enjoy socializing, snacks and lots of dancing. Meet at Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive, every Saturday from 5:00-7:00 p.m.

Cost: \$5.00 for each session.

Leaders: Susie and Carlos D'Agostino



DANCE TEAM

Meet Tuesday evenings from 4:45-6:15 p.m. at Carmel Mountain Recreation Center, 10152 Rancho Carmel Dr.

Cost: \$25.00/month, with fee waiver

\$28.60 S.D. city resident without fee waiver

Payable at the first class of each month. No refunds for missed classes. Instructor: Susie D'Agostino. For more information call (619) 466-4081.

KARAOKE & PIZZA PARTY

Join your fellow club members at the War Memorial Building to karaoke and dance. Cost includes dinner.

Please register by Thursday, July 29. Cost: \$5.00/person
Saturday, July 31 6:00 - 9:00 p.m.

CLUB MEETINGS

Club meetings include dinner, leisure planning, and socializing. New members are always welcome, but **please set up an appointment with Kristi, by calling (619) 236-7755, prior to the Club meeting.** Cost includes dinner, club store items, and activity expenses. **Everyone must register by the Thursday before the meeting.** Club meetings are held at the War Memorial Building.

Cost: \$6.00 per person

Fridays: Aug. 6, Sept. 3, Oct. 1 6:30 - 9:00 p.m.

DAVE & BUSTERS

The club voted on it, so let's spend an enjoyable afternoon at Dave & Busters. Bring money for lunch (approximately \$12.00-\$15.00) and all active club members will receive a \$10.00 player card. **Sign up by Thursday, August 19th.**

Cost: Free

Sunday, August 22 11:00 a.m. - 1:30 p.m.

PADRES GAME

Join us in cheering on the San Diego Padres as they play the Arizona Diamondbacks. Drop off and pick-up at the end of 4th and K Street downtown or get your ticket from Kristi, when you pay. **Money is due by Friday, September 10.**

Cost: \$10.00


Friday, September 24 6:30 p.m. - 10:00 p.m.

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Calendar Key: AS/ Action Seekers CAC: Creative Arts Consortium CONT: Contract Class INC/ Inclusion IND/ Independent Club	KMB/ Kearny Mesa Bowl LS/ Leisure Seekers MB/ Mission Bay MBAC/ Mission Bay Aquatic Center	MBP/ Mission Bay Park NCPS/ North Crown Point Shore PH/ Adaptive Sports PIR/ People in Recovery	TF/ Tot/Fun TN/ Teen WMB/ War Memorial Building	1 LS: Planning Mtg 3:30-5 p.m., WMB TN: Summer Nights, 6 – 9 p.m. Boomers	2 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB AS: Rec Night 6 to 8:30 p.m. Carmel Mtn. Rec	3 CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
4 	5 4TH OF JULY OBSERVE D City Holiday Office Closed	6 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB Practice, 6-8 p.m. Muni Gym	7 CAC: Creative Writing, WMB 1 – 2:30 p.m. SD Hammer Rugby Practice 6-8 p.m., Muni Gym	8 TN: Summer Nights, 6 – 9 p.m. San Diego Zoo	9 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB AS: Rec Night 6 to 8:30 p.m. N. Clairemont Rec.	10 ALL: Tandem 10 a.m. – 1 30 p.m. Quivira Basin SD Hammer Rugby Practice, 11:30 a.m.-1:30 p.m., Muni Gym CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
11	12 Mandatory Camp Training for Volunteers 2 to 6 p.m., NCPS	13 Camp at the Bay 10 a.m. – 3 p.m. NCPS ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB Practice, 6-8 p.m. Muni Gym	14 Camp at the Bay 10 a.m. – 3 p.m. NCPS CAC: Creative Writing, WMB 1 – 2:30 p.m. SD Hammer Rugby Practice 6-8 p.m., Muni Gym	15 Camp at the Bay 10 a.m. – 3 p.m. NCPS	16 Camp at the Bay 10 a.m. – 3 p.m. NCPS CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB PIR: Dance 7 – 11 p.m., WMB	17 ALL/TN Summer Nights Seal Tours 10:45 a.m. – 1:30 p.m. Seaport Village SD Hammer Rugby Practice, 11:30 a.m.-1:30 p.m., Muni Gym CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
18	19	20 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec	21 CAC: Creative Writing, WMB 1 – 2:30 p.m. PH: Independent Handcycling 5:30-7:30 p.m. NCPS SD Hammer Rugby Practice 6-8 p.m., Muni Gym	22 LS: Winter Wonderland in July 4-5:30 p.m. Sunset Point, MB TN: Summer Nights 5:30 – 8 p.m. Santa Clara	23 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB	24 SD Hammer Rugby Practice, 11:30 a.m.-1:30 p.m., Muni Gym CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
25 	26 Camp Able 8:30 a.m.-3:30 p.m. Silver Strand	27 Camp Able 8:30 a.m.-3:30 p.m. Silver Strand ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB	28 Camp Able 8:30 a.m.-3:30 p.m. Silver Strand LS: Softball Banquet, 9:30 a.m. – 3 p.m., Viejas CAC: Creative Writing, WMB 1 – 2:30 p.m. PH: Independent Handcycling 5:30-7:30 p.m. NCPS	29 Camp Able 8:30 a.m.-3:30 p.m. Silver Strand	30 Camp Able 8:30 a.m.-3:30 p.m. Silver Strand CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB	31 SD Hammer Rugby Practice, 11:30 a.m.-1:30 p.m., Muni Gym CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec ALL: Karaoke & Pizza Night 6 – 9 p.m., WMB

2004

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 	2	3 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec	4 CAC: Creative Writing, WMB 1 – 2:30 p.m. PH: Independent Handcycling 5:30-7:30 p.m. NCPS SD Hammer Rugby Practice 6 – 8 p.m., Muni Gym	5 LS: Summer Luau 11 a.m. – 2 p.m. NCPS	6 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB AS: Rec Night 6 – 8:30 p.m. Carmel Mtn. Rec IND: Club Mtg 6:30 – 9 p.m., WMB	7 CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec SD Hammer JV Rugby Tournament 9 a.m. – 5 p.m. Muni Gym
8	9	10 W/C Sports Camp 8 a.m. – 3 p.m. Southwestern College ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec	11 W/C Sports Camp 8 a.m. – 3 p.m. NCPS CAC: Creative Writing, WMB 1 – 2:30 p.m.	12 W/C Sports Camp 8 a.m. – 3 p.m. NCPS	13 W/C Sports Camp 8 a.m. – 3 p.m. Southwestern College CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB PIR: Talent Show 7 – 10 p.m., WMB	14 W/C Sports Camp 8 a.m. – 3 p.m. Southwestern College AS: Softball, BBQ 11 a.m. – 3 p.m. Santa Clara Rec CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
15	16 T/F: Chollas Lake Camp 9 a.m. – 4 p.m.	17 T/F: Chollas Lake Camp 9 a.m. – 4 p.m. ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec	18 T/F: Chollas Lake Camp 9 a.m. – 4 p.m. CAC: Creative Writing, WMB 1 – 2:30 p.m.	19 T/F: Chollas Lake Camp 9 a.m. – 4 p.m. LS: Zoo, 4 p.m. San Diego Zoo	20 T/F: Chollas Lake Camp 9 a.m. – 4 p.m. CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB	21 ALL: Tandem 10 a.m. – 1 30 p.m. Mission Bay Park CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
22 TN: Universal Studios, WMB 8 a.m. – 8 p.m. IND: Dave & Busters 11 a.m. – 1:30 p.m.	23	24 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec	25 CAC: Creative Writing, WMB 1 – 2:30 p.m.	26	27 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB AS: Rec Night 6 – 8:30 p.m. N. Clairemont Rec. PIR: HOM Dance 7-11 p.m., WMB	28 CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
29	30	31 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec				

2004

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 CAC: Creative Writing, WMB 1 – 2:30 p.m.	2 LS: Planning Mtg 3:30-5 p.m., WMB	3 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB IND: Club Mtg 6:30 – 9 p.m., WMB	4 CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec
5	6 LABOR DAY Office Closed	7 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer W/C BB Practice 6 – 8 p.m. Muni Gym	8 CAC: Creative Writing, WMB 1 – 2:30 p.m. DSAC Board Mtg 6:30 p.m., WMB SD Hammer BB Practice, 6-8 p.m. Muni Gym	9	10 PIR: Recovery Happens 10 a.m. – 2 p.m. Organ Pavilion CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB TN: Club Meeting 6-8:30 p.m., WMB AS: Rec Night 6 – 8:30 p.m. Carmel Mtn. Rec	11 CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec ALL: Harvest Ball 6 – 10 p.m. Mission Valley Marriott SD Hammer BB Practice, 11:30 a.m.-1 p.m., Muni Gym PIR: Dance 7-11 p.m., WMB
12 Jr. W/C Over-the-Line Tournament 8 a.m. – 2 p.m. Location TBA	13	14 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB Practice, 6 – 8 p.m Muni Gym	15 CAC: Creative Writing, WMB 1 – 2:30 p.m. SD Hammer BB Practice, 6-8 p.m. Muni Gym	16	17 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB LS: Talent Show & Dance 10 a.m.-12:30 p.m. Balboa Park Club	18 Deaf Awareness Day, 9 a.m.-5 p.m. Balboa Park Club ALL: Tandem 10 a.m.- 1 30 p.m. Centennial Park CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec JAWS Fishing Trip, 11:30 a.m. – 5:30 p.m., Seaforth
19 SD Hammer W/C BB Practice 11:30 a.m. – 1:30 p.m. Muni Gym T/F: Boomers 12 – 3 p.m. Clairemont	20	21 PIR Day Camp 9 a.m. – 2 p.m. Meet at WMB ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB Practice, 6 – 8 p.m Muni Gym	22 PIR Day Camp 9 a.m. – 2 p.m. Meet at WMB CAC: Creative Writing, WMB 1 – 2:30 p.m. LS: Casino Night 4-6 p.m., WMB SD Hammer BB Practice, 6-8 p.m. Muni Gym	23 PIR Day Camp 9 a.m. – 2 p.m. Meet at WMB	24 CAC: Performing Arts Class 1-2:30 p.m., WMB CAC: Art Class 3-4:30 p.m., WMB AS: Rec Night 6 – 8:30 p.m. N. Clairemont Rec. TN/IND: Padres 6:30 – 10 p.m. Petco Park	25 ALL: Bowling 12:30 – 3 p.m. KMB CONT: Dance Fever, 5 – 7 p.m. Carmel Mtn. Rec PH: Wheelchair Basketball Clinic Time: TBA Muni Gym
26 PH: Wheelchair Basketball Clinic Time: TBA Muni Gym	27	28 ALL: Bocce Ball 2 – 5 p.m., WMB CONT: Dance Team 4:45 – 6:15 p.m. Carmel Mtn. Rec SD Hammer BB Practice, 6 – 8 p.m Muni Gym	29 LS: Vball, Lunch 10 a.m. – 1 p.m. Activity Center CAC: Creative Writing, WMB 1 – 2:30 p.m. SD Hammer BB Practice, 6-8 p.m. Muni Gym	30 PH: Handcycle Assessment 6 – 8 p.m., WMB		

2004

CREATIVE ARTS CONSORTIUM (CAC)

(for adults only)

The Creative Arts Consortium is a nonprofit organization that provides exhibit venues and art and writing classes for persons with mental illness, emotional disorders and/or other disabilities.

CREATIVE WRITING CLASS

In a completely friendly and low-stress atmosphere, we get together to share writings of our own and of our favorite authors. After sharing and discussing items that have been written, we usually take some time to write a short in-class exercise on some topic of common interest or whatever else one feels like writing about. It is perfectly okay to attend the class just to listen in on what is going on or just to read from the work of an author or poet you like.

Instructor: Stephen Tuba.

Cost: Free

1:00-2:30 p.m.

Wednesdays, July 7, 14, 21, 28
August 4, 11, 18, 25
September 1, 8, 15, 22, 29



PERFORMING ARTS CLASS

This class provides an opportunity and vehicle for helping people with mental illness to improve their self-esteem. The focus of this class is artistic expression, dramatic reading, role-playing and movement. Cost: Free
Instructor: Garrett Knipe

1:00 - 2:30 p.m.

Fridays, July 5, 9, 16, 23, 30
August 6, 13, 20, 27
September 3, 10, 17, 24



SELF EXPRESSION THROUGH ART

Let the artist inside each of you come out to play. Express images hidden within, using paints, colored pencils, markers, pastels, collage or other medium of your choice, without judgment or criticism. Just enjoy! Cost: \$1.00

Instructor: Joan McCann

3:00 - 4:30 p.m.

Fridays, July 5, 9, 16, 23, 30
August 6, 13, 20, 27
September 3, 10, 17, 24



LEISURE SEEKERS (LS)

The Leisure Seekers group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals with mental illness or behavioral health disorders. Individuals, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

**For more detailed program information,
please call (619) 525-8247 and ask to
receive the *Leisure Seekers Newsletter***

PLANNING MEETINGS

War Memorial Building (room 3)

Cost: Free

Thursday, July 1, September 2

3:30 - 5:00 p.m.



WINTER WONDERLAND IN JULY

Sunset Point in Mission Bay

Cost: \$2.00 per person

Thursday, July 22,

4:00 p.m. - 5:30 p.m.

SOFTBALL BANQUET

Viejas Casino & Outlet Center

Cost: \$4.00 per person

Friday, July 30

9:30 a.m. - 3:00 p.m.

Depart from the War Memorial Building

SUMMER LUAU

North Crown Pt. Shores

Cost: \$3.00 per person

Thursday, August 5

11:00 a.m. - 2:00 p.m.

EVENING ZOO

San Diego Zoo

\$6.00 per person

Thursday, August 19

4:00 p.m.

TALENT SHOW AND DANCE

Balboa Park Club

\$3.00 per person

Friday, September 17

10:00 a.m. - 12:30 p.m.

CASINO NIGHT

War Memorial Building (room 3)

\$2.00 per person

Wednesday, September 22

4:00 p.m. - 6:00 p.m.

FUN & FITNESS CHALLENGE

VOLLEYBALL & LUNCH

Activity Center

\$2.00 per person

Wednesday, September 29

10:00 a.m. - 1:00 p.m.

ADAPTIVE SPORTS

Adaptive sports programs (designed for persons with physical disabilities, ages 5 through adult) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in both recreational and competitive environments

OPEN BOCCE BALL

Bocce sets will be available for checkout Tuesdays from 2 to 5 p.m. at the War Memorial Building. Open Bocce is for all ages and abilities. **This is an unsupervised activity; participants needing supervision will need to bring an attendant.**

Cost: Free

Tuesday, 7/6, 13, 20, 27, 8/3, 10, 17, 24, 31, 9/7, 14, 21, 28

INDEPENDENT HANDCYCLING

For those who have participated in our handcycling program, handcycles will be available Wednesdays from 5:30 - 7:30 p.m. at North Crown Point Shores ***This is an unsupervised activity; participants needing supervision will need to bring an attendant.***

Wednesdays 7/21, 7/28, 8/4

Cost: Free

WHEELCHAIR SPORTS CAMP

Youths, 4 to 18, who have a permanent physical disability will participate in a variety of wheelchair sports.

Cost: \$75 (\$100 with transportation)

Tues. – Sat., Aug. 10 – 14 8:00 a.m. - 3:00 p.m.

JR. W/C OVER-THE-LINE TOURNAMENT

Competition for youths 18 and younger in Prep, JV, and Varsity divisions. Able-bodied players are welcome, but must compete in a wheelchair (available on a first-come, first-served basis). Location TBA.

Cost: Free

Sun., Sept. 12 (check-in 8 – 8:30 a.m.) 8 a.m. - 2 p.m.

4TH BI-ANNUAL JAWS FISHING TRIP

Friends of Rollo and Seaforth Sportfishing are donating a half-day fishing trip for youth participating in the JAWS program. Meet at Seaforth Sportfishing dock, 1717 Quivira Rd. Cost: \$8.00 for participants over 16

Saturday, Sept. 18 11:30 a.m. - 5:00 p.m.

WHEELCHAIR BASKETBALL CLINIC

Learn from some of the best wheelchair basketball coaches in the nation. Saturday 9/25 and Sunday 9/26 at the Municipal Gymnasium, times TBA.

HANDCYCLING

This program is geared for individuals, 8 years-adult, with a physical disability. Cost is \$20.00, covers equipment rental, maintenance, and 6 sessions. Program is free if you have your own handcycle. Call our office to register. Handcycle assessments for first-timers will be held Thursday, Sept. 30 from 6:00 p.m. to 8:00 p.m. Please call for an appointment.



PEOPLE IN RECOVERY (PIR)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions. Leader: Connie Hegev.

SUMMER DANCE

Ten-day Alumni and Therapeutic Recreation Services will team up for this fun dance. Speaker's meeting 7:00 p.m. followed by your favorite hip hop music. Refreshments will be available for sale. at the War Memorial Building (north end of the Zoo parking lot). Cost: \$3.00 advance, \$5.00 at the door.

Friday, July 16

7:00 - 11:00 p.m.

TALENT SHOW

Here's your chance to show the world your special talent and win prizes. Crossroads is sponsoring the 2nd Annual "Recovery Idol." For more information, call Jessie at (619) 296-1151.

Cost: \$5.00

Friday, August 13

7:00 p.m. - 10:00 p.m.

HOM DANCE

Join House of Metamorphosis and Therapeutic Recreation Services at the War Memorial Building for a dance. Speakers meeting 7 – 8 p.m. Call HOM, (619) 236-9492 to purchase tickets. Cost is \$3.00 in advance/\$5.00 at the door. Refreshments will be sold.

Friday, August 27

Dance, 8:00 - 11:00 p.m.

RECOVERY HAPPENS

Come join us at the Organ Pavilion for a wonderful resource fair that includes entertainment, food, and information about recovery programs. For further information and registration, call Dean at (619) 518-8909.

Cost: Free

Friday, September 10

10:00 a.m. - 2:00 p.m.

FALL FLING

Join Community Connection and Therapeutic Recreation Services at the War Memorial Building for the first dance of Fall. Speakers meeting, 7 - 8 p.m.. Refreshments will be sold and prizes will be raffled. Contact Mackey at (619) 294-3900 for information. Cost is \$3.00 in advance/\$5.00 at the door. Refreshments will be sold.

Saturday, September 11

Dance, 8:00 – 11:00 p.m.

PIR DAY CAMP

Meet at the War Memorial Building. Put balance in your life by including recreation as part of your recovery program. Broaden your horizons and join us for a 3-day adventure, which includes a trip to the Zoo, softball, volleyball, basketball, table games, and swimming. We will finish off the camp with a BBQ and a special celebration. For further information, call Connie (619) 525-8247.

Cost: Free

Tue-Thur September 21-23

9:00 a.m. - 2:00 p.m.

Therapeutic Recreation Volunteer News

Go Padres!! Thank you to all of our inspirational volunteers who attended our annual volunteer recognition dinner on April 28th, 2004. Everyone was treated to a tasty BBQ dinner (Thank you Juan Macias) and Padres game at beautiful Petco Park. The Padres made the evening memorable by beating the Expos 5-4. Thank you to ALL our wonderful volunteers who make our quality services possible.

Great news, our calendar is now available on line. The web site is www.sandiego.gov, click on Park and Recreation Department, click on Therapeutic Recreation and go to newsletter link (Note you must still call or e-mail to sign up). We are geared up for a very busy summer and have several volunteer needs for summer camps available. Please call today to sign up for your summer volunteer times and also tell a friend, co-worker or neighbor just how great and easy it is to volunteer with our program.

WELCOME TO OUR NEWEST VOLUNTEERS

Horacio Azuna, Heather Newman, Marissa Palin, Mike Smanski, Glenda Backman, Interns, Chrissy Testa, Elly Glass, and Trace teachers, Kay Eggleston, Andrew Paraless, Colleen Harmon, Erika Culley, Shirley Hesche, Vanessa Peters, and

Kathy Pierson, Gemmaline Pinazo, Heather Quintrall,

Tim Buzbee, Glenda Backman, Abby Osentoski, Wesley Ruffier-Monson, Russell Dobkins,

Melissa Williams, Neatra Moore, St. Augustine Students, MADCAPS 9th Grade Girls

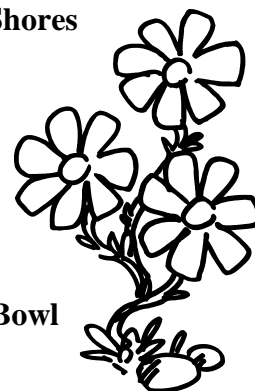
Happy Birthday to our July, August and September Volunteers

Kris Hale, Monica Diver, Priscilla Hughes, Norma Luikart, Katherine Hon, Owen Trimarchi, Rita Roberson, Katie Kietsch, Brett Ayers, Kyle Caldwell, Gracia Osuna, Sergio Mendoza, Mark Cannon, Irene Colthurst, Stephanie Clark, Mark Patzer, Lillian Kellison, and Chrissy Testa

The City of San Diego requires all volunteers to be fingerprinted prior to starting their volunteer time. If you have not been fingerprinted with the City's live scan machine (the process is really easy), you will need to contact Rose Caldwell at (619) 236-7756 for instructions on how to be fingerprinted; this is a MANDATORY process at no charge to you.

2004 Summer Volunteer Needs

Mandatory Camp Training	7/12	2-6 p.m.	N. Crown Pt. Shores
Camp at the Bay	7/13-16	8 a.m.-4 p.m.	N. Crown Pt. Shores
All Tandem	7/10; 8/21; 9/18	10:30 a.m. -1 p.m.	
LS Luau	8/5	8:30 a.m.-3:30 p.m.	
Chollas Lake Day Camp	8/16-20	8:30 a.m.-4:30 p.m.	
Wheelchair Sports Camp	8/10-14	7:30 a.m.-4:30 p.m.	
Teen Club	9/10; 9/24	5:30-9 p.m.; 6-10 p.m.	
		W MB/PetcoPark	
Jr. WCOTL	9/12	7:30 a.m.-4 p.m.	
Bowling	9/25	12-3 p.m.	Kearny Mesa Bowl
Inclusion Day Camps	M-F, July & Aug.	9 a.m. - 4 p.m.	



To register for any of the above activities, fingerprint information or if you know of anyone interested in volunteering, contact Rose Caldwell, at (619) 236-7756 or e-mail at prdsp@sandiego.gov. attention: Rose. Thank you!

**THERAPEUTIC RECREATION SERVICES
MAILING LIST FOR PARTICIPANTS/AGENCIES**

If you wish to continue to receive our calendar, and did not return the form provided in the Fall or Winter 2003 Calendars, please complete this form and return to Therapeutic Recreation Services. Please call 619-525-8247 (619-525-8248 TTD) with any questions.

Agency: _____ Date _____ Initial _____ (Office Use Only)
(If applicable)

Name _____ Male / Female
(Last Name) (First Name) (MI) (Circle One)

Address _____
(Street) (Apt. No.)

City _____ State _____ Zip _____

Home # () _____ Cell # () _____ Birth Date _____

E-mail Address _____ Pager # _____

Parent or _____ Hm # () _____ Wk # () _____ Cell # _____
Guardian

Additional
Emergency Contact _____ Relation _____ Phone # () _____

GROUPS

Check the group in which you most qualify to participate: (See other side for group descriptions)

- | | |
|-------------------------------------|------------------------------------|
| _____ 1. KINDERTOT/FUN PATROL (T/F) | _____ 7. W/C ADULT SPORTS |
| _____ 2. TEEN GROUP (13 TO 19) (TN) | _____ 8. ADVENTURERS (ADV) |
| _____ 3. YOUNG ADULT CLUB (YAC) | _____ 9. LEISURE SEEKERS (LS) |
| _____ 4. ACTION SEEKERS (AS) | _____ 10. PEOPLE IN RECOVERY (PIR) |
| _____ 5. INDEPENDENT CLUB (IND) | _____ 11. VOLUNTEER |
| _____ 6. JAWS | _____ 12. FRIEND/OTHER |

PARTICIPANT'S PRIMARY DISABILITY/DIAGNOSIS

- | | |
|------------------------------|-------------------------------|
| _____ 1. AUTISM | _____ 10. HEART CONDITION |
| _____ 2. EPILEPSY | _____ 11. MENTAL RETARDATION |
| _____ 3. AMPUTEE | _____ 12. BEHAVIORAL DISORDER |
| _____ 4. CEREBRAL PALSY | _____ 13. LEARNING DISABILITY |
| _____ 5. SPINA BIFIDA | _____ 14. HEARING IMPAIRMENT |
| _____ 6. MUSCULAR DYSTROPHY | _____ 15. VISUAL IMPAIRMENT |
| _____ 7. MULTIPLE SCLEROSIS | _____ 16. MENTAL ILLNESS |
| _____ 8. SPINAL CORD INJURY | _____ 17. CHEMICAL DEPENDENCY |
| _____ 9. STROKE/BRAIN INJURY | _____ 18. OTHER _____ |

Comments: Is there any additional information we should know, medical (allergy?) or behavioral concerns?



THE CITY OF SAN DIEGO

Park & Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

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AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGION, CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240

The information in this calendar is available in alternative formats upon request.